

ocd & lust

Posted by dsd - 09 Apr 2018 22:17

Can someone explain, "Only anyone who has experience please or a therapist", why someone who has ocd can get trapped in a lust addiction?.

Also how to know if its ocd or a lust addiction?,

because sometimes its not really a addiction.

Thanks

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Re: ocd & lust

Posted by Workingguy - 10 Apr 2018 01:39

I'll give it a try. My therapist says I have some OCD tendencies although I don't really have any obsessive rituals.

For OCD, you get stuck in repetitive habits. You can do the same thing over and over again because you feel that one if you do it will you get the relief from the obsession that you are looking for. Of course, it doesn't come, it makes it worse.

Now take Lust. You have a desire in your head that tells you that if you do something you will get this crazy desire out of your head. But you fight it, and OCD people pay way too much attention to the thoughts that are stuck in their brain. And now you're battling whether you should do something to get the release from this struggle, but you don't want to, but if you don't do it...so it goes on and on.

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Re: ocd & lust

Posted by dsd - 10 Apr 2018 02:32

Thanks for your response,

my problem is, that i always think that i did not see yet,

1.this kind of person,

2. in such a pose,

3. situation,

& its never ending. I think just the urge itself to watch porn i think i would of been able to resist,
@ least that's what i think, its more im always thinking that im missing out on certain scenes that
ive not seen yet & im looking for them.

does anyone know if thats considered more ocd or thats normal lust addiction

Thaks

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Re: ocd & lust

Posted by grateful4life - 10 Apr 2018 05:00

From a laymen's opinion I would say that if you're looking at the same scene/clip over and over
in order to see if you missed something that would be OCD lust but if you're searching for new
clips in order to find a new fantasy or a new camera angle etc. that would be plain old classic
lust.

In either case, obsessive behaviors of those tendencies would be a disorder or addiction and
would require outside help or therapy in some form.

Just stay connected to sober people in recovery and may G-d Almighty bless you.

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Re: ocd & lust

Posted by Workingguy - 10 Apr 2018 15:48

[dsd wrote on 10 Apr 2018 02:32:](#)

Thanks for your response,

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Thaks

When I used to try to break through my filters, I would search obsessively for an hour, and if I
would finally get to a picture I would cover it with my hand because I didn't want to see it- just
wanted to see if I COULD see it. You can imagine how that worked out.

In my earlier stages, it was exactly how you described. And I always felt that if I must take THIS
opportunity to act out, because if I don't, we'll, what will I do with this feeling? I'll have this
thought in my head telling me to do it, and it will just keep on being uncomfortable! Couldn't do
that.

OCD or not, I don't know if you have to figure out what the root is as much as how can you
work on fixing it.

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Re: ocd & lust

Posted by holykosher - 13 Apr 2018 17:11

its a great answer i feel somewhat like that, anyone else can relate to a issu similar to this?

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Re: ocd & lust

Posted by i-man - 15 Apr 2018 05:12

when someone is acting they can definately show similar tendencies to ocd ,

for example try to pull someone away from a device as he actively is pulling up porn or trying to break through a filter ...

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Re: ocd & lust

Posted by Ihavestrength - 17 Apr 2018 04:35

[i-man wrote on 15 Apr 2018 05:12:](#)

when someone is acting they can definately show similar tendencies to ocd ,

for example try to pull someone away from a device as he actively is pulling up porn or trying to break through a filter ...

Interestin.

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Re: ocd & lust

Posted by stillgoing - 18 Apr 2018 22:59

Obsessive-compulsive disorder (OCD) is a mental disorder in which people have unwanted

and repeated thoughts, feelings, ideas, sensations (obsessions), and behaviors that drive them to do something over and over (compulsions). Often the person carries out the behaviors to get rid of the obsessive thoughts. (source:

medlineplus.gov)

Addiction is a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences. (source: *en.wikipedia.org*)

Compulsions and addiction are intertwined (source: also wikipedia.org)

Seems like they are two similar ways that the same thing can be manifested.

A high professional on mental health once told me that he does not label anything as ocd unless it is impeding on ones lifestyle. In other words, 'ocd tendencies' that one can live with, are just 'quirks' (tics), but if one is always late to their meetings since they could not leave the house before checking that the oven is off 5 or 6 times, then it could be ocd. *Addiction* by definition is doing (certain) things repeatedly in a fashion that is impeding on ones lifestyle.

Although there are differences between the two, it seems that their similarities are far greater than their differences. Living in the moment and taking things one step at a time - doing what needs to be done now, can be helpful for both.

sg

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Re: ocd & lust

Posted by holykosher - 19 Apr 2018 01:48

Thanks good response, it has lots of similarities that's thru. the main question here is, as it's known that someone who has ocd, can be more prone to lust addiction. does anyone have experience with being treated with that, is there anything specific about treating someone with ocd & lust addiction different than standard treatment if yes in what sense i want to know.

Thanks

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